

NEW YEAR

do you 

JANUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Create a 2021 affirmation for yourself ¹	Make a 2021 self-care bucket list ²
Make a list of your professional and personal accomplishments ³	Make your bed every morning this week ⁴	Write down 3 things you are grateful for ⁵	Attend a FIT4MOM class (virtually or in-person) ⁶	Sit down + take 5 deep breaths in and out ⁷	Spend 20 minutes in nature ⁸	Take the day off from social media ⁹
Write down 3 things you love about your body and yourself ¹⁰	New Year, Do You Challenge: Get 30 minutes of exercise ¹¹	New Year, Do You Challenge: Meditate for 10-minutes ¹²	New Year, Do You Challenge: Make an AM routine ¹³	New Year, Do You Challenge: Make a PM routine ¹⁴	New Year, Do You Challenge: Try a Body Well recipe ¹⁵	Write a letter to someone you miss ¹⁶
Organize your pantry ¹⁷	Write down three things that bring you joy ¹⁸	Clean out the photos + videos on your phone ¹⁹	Pamper yourself with a face mask ²⁰	Donate clothes you don't wear anymore ²¹	Cut sugar out of your meals today ²²	Make an arts and craft project with your family ²³
Tidy up your work-from-home space ²⁴	Set a 2021 household budget ²⁵	Unplug and play a board game with your family ²⁶	Buy a non-toxic houseplant to spruce up your room ²⁷	Schedule your annual doctor's appointments ²⁸	TGIF! Make homemade popcorn + have a family movie night ²⁹	Order takeout to support a local restaurant ³⁰
Go on a walk with your family ³¹						